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Local artist is a real card

62-year-old Alice Hinther never thought she'd be in the greeting-card game **PAGE 13**

End to AIDS in sight?

UN officials say epidemic can be ended by 2030, but some experts are skeptical **PAGE 10**



YOUR NEST EGG, YOUR FIRST BORN, YOUR SOUL

SEATS FOR FRIDAY'S SOLD-OUT REDBLACKS HOME OPENER ARE IN SUCH HIGH DEMAND EVEN THE MAYOR IS GETTING HIT UP FOR TICKETS **PAGE 18**

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The Book of Mormon, a Tony-award-winning play written by the creators of South Park, is now playing at the National Arts Centre. COURTESY JOAN MARCUS

Will Mormons see The Book of Mormon?

On stage. LDS members talk to Metro about the Tony-winning musical

Ottawa Mormon Gail Haarsma watched the award-winning The Book of Mormon musical at the National Arts Centre, but she would rather read the book.

The member of the city's Church of Jesus Christ of Latter-day Saints sat in the audience for the play's preview night Tuesday. The Tony Award-winning musical, written by South Park creators Trey Parker and Matt Stone, is about two Mormon missionaries who travel to Uganda.

The musical cracks jokes about racism, genital mutilation, even a man who thinks raping a baby will cure HIV.

While Haarsma chuckled at a few scenes, she would not recommend the play.

"We can laugh at ourselves, but I guess what I would like to say is real Mormon missionaries do lots of different things that were not portrayed in the play," she said.

Her reaction might not surprise those familiar with Parker and Stone's work. In true South Park form, the play seems to make a mockery of her faith, which Mormons say is based on a religious text Joseph Smith found in New York in the early 1800s. However, the Church of Jesus Christ of Latter-day Saints is laughing too. It has placed ads in the musical's programme.

"One philosophy would be: any publicity is good publicity," said Dr. Mark Mitchell, a director of the Ottawa Mormon Choir. "People might get really curious about what The Book of Mormon really is and what the church is about."

He said he will not see the play himself. "It takes some-

thing that's sacred to me and makes light of it."

Elder Samuel Giraud-Carrier said he's too busy doing missionary work in Ottawa to see the play. The 20-year-old Mormon from Utah, who's on a two-year mission in the city, said he knows little about the musical.

"We know that it's a play intended to make fun of certain things that we believe in," he said. "But its purpose isn't exactly to teach people about it. It's to entertain. Our purpose is to do the teaching part."

Ottawa Mormon Brenda Bowman decided against seeing the show because she heard it's very profane.

"If anyone really wants to know anything about the religion, consult the original masterpiece," she said.

The Book of Mormon runs until July 27 at the NAC.

LUCY SCHOLEY/METRO

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No extra cost for civil servants' sick leave: Report

Keeping track. Public servants get 15 days paid annual sick leave and on average take 11.5 days: Watchdog

It costs taxpayers almost nothing extra to pay sick leave to federal civil servants, says a new report from the Parliamentary Budget Office.

The findings are ammunition for public-sector unions in their battle with the Treasury Board over proposed changes to government sick-leave policies.

Shortly after its release, at least one union was using the report to attack the government's arguments for overhauling the system, although Treasury Board President Tony Clement said it was never his intention to find cost savings

through the proposed reforms.

The report shows wide variances in the amount of sick leave taken from one department to another.

But parliamentary budget officer Jean-Denis Frechette says most departments don't have policies in place to backfill for sick leave so there are no incremental costs.

Exceptions to that finding include departments where absences have a direct impact on service levels, health and safety.

Correctional Service Canada, for example, is required to maintain minimum staffing levels for the protection of the public, staff and inmates at federal prisons. But in most cases, the report said, federal employees who call in sick are not replaced, resulting in no additional cost to taxpayers over and above regular public servant salaries.

THE CANADIAN PRESS



Sens forward gives young fans a visit

Chris Neil signs an autograph for a young fan at the Bell Sensplex on Wednesday. The Sens forward was there to visit kids attending Ottawa Senators Summer Hockey Camps. TREVOR GREENWAY/METRO

Ottawa startup to clean up cigarette butts in Vanier



A CigBins representative with Mayor Jim Watson and Coun. Mathieu Fleury. JOE LOFARO/METRO

Three University of Ottawa students are putting their butts to good use.

Co-founders of the local startup CigBins announced details Wednesday of a new cigarette-butt collection and recycling program that is starting as a pilot project in Vanier.

The concept is simple: nine-litre bins will be in-

stalled at high pedestrian-traffic locations to keep butts from littering the streets. On a weekly basis, individuals employed by Causeway Work Centre — a local not-for-profit organization that finds work for people with mental-health issues — will collect the butts.

Then the butts are transported to a manufacturer for recycling.

"We are turning them into plastic," said Kathleen Kemp, CigBins co-founder. "Typically it's for crates, so cartons that can carry things. In the past, it's been used for lawn chairs."

The startup is partnering with the Quartier Vanier Merchants Association, which is renting each of the CigBins and will monitor the success

of the pilot program.

Bins will be located at the FreshCo on McArthur Avenue, the New Edinburgh Retirement Home and on Montreal Road at the beginning. Each bin can hold approximately 20,000 cigarette butts, and Kemp is hoping to have about 100 more rolled out in a year's time, Kemp said.

JOE LOFARO/METRO



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FOR THE SUNDAY RACE

1 NEWS

Stranger gives ailing woman \$128,000 miracle donation

Stem cell therapy. Mysterious man in sunglasses hands Ottawa woman a bank draft to help cover her treatment costs

An Ottawa-area woman living with a fatal disease wants to say thank you to the man who donated \$128,000 to help save her life.

But she doesn't know who her mysterious benefactor is.

In 2002, Stephanie Headley was diagnosed with systemic scleroderma, a disease that caused her body to over-produce collagen, hardening her skin and internal organs.

"My skin is so hard now that my face hurts, it hurts to

bend down, it hurts to move my hands," she said.

Her lungs have hardened, too, making it difficult for Headley to breathe, which puts extra stress on her heart. She's on oxygen 24 hours a day and her four children have gotten used to calling 911 and visiting the hospital.

Doctors told Headley and her family the disease would be fatal. Then Headley learned about a stem cell therapy being offered in Chicago, where patients have their own stem cells harvested, cleaned and reintroduced to their body.

Dr. Richard Burt, an autoimmune disease specialist at Northwestern Memorial Hospital, pioneered the therapy for people living with diseases such as Multiple Sclerosis and lupus.

Many of his patients no longer show signs of disease and have had reversals in their symptoms, Headley said.

The treatment costs \$125,000 US, however, so Headley and her family started an online campaign in the hope of raising some of the funds.

The community rallied to support her, and raised about \$13,000 in two months.

They were still a long way from their goal, though, and Headley was becoming increasingly sick.

Things changed July 3 when Headley received a call from a man saying he wanted to make a donation.

About 10 minutes later, she opened her door to find a tall man wearing a pageboy-type hat, big, reflective ski sunglasses, and a spring coat

done up to his neck.

Without speaking, the man handed her a long white envelope and she handed him a thank you card.

"Bless you," she said. He smiled widely and left without saying a word.

Headley closed the door and opened the envelope; inside was a bank draft for \$128,000.

Headley collapsed on the floor, realizing she was going to get the treatment. She and her family kept the news quiet more than a week, making sure the bank draft was real.

Headley will start a difficult, painful, three-month-long treatment in Chicago on Sept. 22.

Headley and her family are finally looking forward to the future.

TORSTAR NEWS SERVICE



'Thank you just doesn't cover it,' Stephanie Headley says of \$128,000 gift that will help her get treatment for systemic scleroderma in the U.S.

TORSTAR NEWS SERVICE

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Think about it...it all has to go somewhere.

Twitter account tracks Wiki edits from House of Commons addresses

What do Pamela Wallin, a defunct CFL team, and the Communications Security Establishment of Canada have in common?

All have had their Wikipedia entries anonymously altered by people using government-associated Internet protocol addresses. And a new Twitter account is tracking those changes.

Government of Canada Edits (@gccaedits) is a Twitter bot that automatically tweets whenever a Wikipedia entry is edited anonymously from a House of Commons-associated IP address.

In just six days, the account has publicized changes to numerous entries, including biographical notes for MPs, the list of Canadian Forces special operations units, the page on the defunct Ottawa Renegades CFL team, and — fittingly enough — the entry for the Canadian Museum of History.

The site was inspired by similar initiatives in Britain and the United States, where



Political biographies on Wikipedia have been altered by House of Commons-connected IPs — including the deletion of aspects of the Senate spending scandal from Pamela Wallin's biography. THE CANADIAN PRESS FILE

Twitter bots have found anonymous changes to topics from the assassination of John F. Kennedy to Choco Taco ice cream snacks.

The U.S. version, @congressedits, made the source code for the program public, spawning new accounts in other countries. Other accounts track changes from police and security agencies,

including the RCMP.

Nick Ruest, a York University digital assets librarian, tailored the program to pick up changes from the House of Commons, the Department of National Defence, and Industry Canada.

"It's a way to empower the citizenry to see what's going on," Ruest said on Thursday.

TORSTAR NEWS SERVICE



Pontiac Liberal candidate Rory Nisan hopes to tackle health care and tourism if elected as an MP next year. TREVOR GREENWAY/METRO

Federal hopeful looking to put Pontiac back on Ottawa's radar

Rory Nisan. Liberal candidate focusing on improving health care, supporting small businesses in the riding



TREVOR GREENWAY
trevor.greenway@metronews.ca

Health care wasn't Rory Nisan's first priority when he decided to run for the federal Liberals in the Pontiac riding, but after speaking with constituents, the 32-year-old quickly changed his focus.

Nisan says a doctor and nurse shortage, paired with lacking services at local hospitals, proves that the Pontiac is in dire need of attention.

"We are not meeting the basics of universal health care in the Pontiac," said Nisan, sipping coffee at Les Saisons café in Chelsea.

"We don't have enough doctors, and wait times in the ER are out of control, and it's getting worse."

Nisan is aware that health care is more a provincial issue but thinks applying pressure in Ottawa at the federal level will help bring the Pontiac back up to where bigger centres are.

Nisan's past seven years working as a foreign diplomat have given him an ex-

tensive knowledge of how intergovernmental systems and relations work. But the Liberal said doing his job lately has been tough, as he doesn't agree with the Harper government's foreign policy.

The riding has seen little attention since New Democrat Mathieu Ravignat's upset win over Conservative Lawrence Cannon in 2011. With Justin Trudeau helping their party, Pontiac Liberals hope to steal the seat back and put the riding on the government's radar.

"It's clear to me how forgotten the Pontiac is by Ottawa," said Nisan.

Other issues the first-time candidate wants to tackle include jobs — namely supporting small businesses in the many small towns spread across the riding — infrastructure, roads, the environment and tourism.

He wouldn't take an official stance on the potential return of the Wakefield Steam Train but said without it, "Wakefield will be OK."

Nisan will vie for the Liberal nomination sometime this fall against west Quebec farmer Cindy Duncan McMillan, former Pontiac mayor Eddie McCann, Josée Bouchard and environmental lawyer Will Amos.

The next fixed federal election date is set for Oct. 19, 2015.

Cornwall

1,000 pounds of tobacco seized

Cornwall OPP say they seized more than 1,000 pounds of tobacco from a van near the Waste Water Treatment Plant at the east-end waterfront on July 12.

Two men fled the scene, but police were able to arrest one suspect, who was released on a promise to appear. **METRO**

Greenbank Road

Woman hurt after car hits Pizza Hut

A car crashed into a Pizza Hut on Greenbank Road Tuesday night, injuring a 70-year-old woman inside the restaurant. Paramedics treated her for minor injuries and took her to hospital. Ottawa Police are investigating the incident and say only one car was involved in the crash. **METRO**

Get fired up

City hall hosting Redblacks pep rally

The City of Ottawa will host a lunchtime pep rally at Marion Dewar Plaza for the Ottawa Redblacks on Thursday from 11 a.m. to 1:30 p.m. ahead of Friday's home opener at TD Place.

The team's owners are inviting fans to get their game face on and join Mayor Jim Watson at the

event to "help fire up the Redblacks players."

Food will be available on site, and fans can enjoy a free concert featuring country music powerhouse Blackwell starting at 11 a.m.

The Redblacks cheer squad will also perform, and players such as Henry Burris, Chevon Walker, Jon Gott and Keith Shologan will be available to meet fans and sign autographs. **METRO**

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Israeli airstrikes. Many Gazans have nowhere to run despite warnings

The text message was as urgent as it was unwelcome: the Israeli army advised Mouin Ghaffir to leave his home quickly or risk being killed in airstrikes against Hamas rocket squads.

He swiftly sent his wife and 11 children to a dirty UN emergency shelter, with more than 40 people crammed in each classroom, but had to endure a night under bombardment at home after failing to find a safe place for his ailing 75-year-old mother.

Such is the life-and-death predicament of tens of thou-

sands of Gazans being told by Israel to flee targeted areas, most with nowhere to go. UN shelters lack the space, and relatives, with their own overcrowded homes, often cannot help.

Israel says urging residents to evacuate — with warnings delivered through automated calls, text messages and leaflets dropped from planes — is an attempt to spare civilians whenever possible.

Ghaffir's story highlights the hard choices Gazans face in this war. **THE ASSOCIATED PRESS**

Syria

Assad sworn in as president — again

In a lavish ceremony, a smiling and confident President Bashar Assad was sworn in for a third seven-year term on Wednesday, praising his supporters for “defeating the dirty war” and denouncing

insurgents who have “failed in trying to brainwash you or break your will.”

As he declared victory, the Western-backed goal of toppling him or reaching a political deal seems increasingly elusive. Syria's three-year-old civil war is grinding on, with 170,000 dead and a third of the country displaced.

THE ASSOCIATED PRESS

Israel to pause bombing of Gaza after UN request



Palestinians flee their homes in the Shajaiyeh neighborhood of Gaza City after Israel had airdropped leaflets warning people to leave the area on Wednesday. **LEFTERIS PITARAKIS/THE ASSOCIATED PRESS**

Gaza Strip. Five-hour ‘humanitarian’ window comes hours after Israeli navy kills four Palestinian boys

The Israeli military agreed to a UN-brokered five-hour “humanitarian” pause starting Thursday morning in its strikes on the Gaza Strip to allow Palestinians to restock food, water and other necessities, hours after an attack by an Israeli naval vessel killed four Palestinian boys playing on the beach.

In response to a call by

Quoted

“It’s a cold-blooded massacre.”

Abdel Kareem Baker, the uncle of four boys killed Wednesday by an Israeli naval vessel while they were playing on a beach

the UN, the military said in a statement Wednesday that it would hold its fire for five hours starting at 10:00 a.m. local time but warned it will retaliate “firmly and decisively” if militants launch attacks on Israel during that time.

UN deputy spokesman Farhan Haq told The Associated Press on Wednesday that Robert Serry, the UN special coordinator for the Middle East peace process, made the appeal for a “unilateral humanitarian pause” after talks with Israel’s Coordination Office for Government Affairs in the (Palestinian) Territories.

The announcement came after a day of Israeli airstrikes and Palestinian militant rocket attacks as Hamas formally rejected a ceasefire proposal that had been accepted by Israel to end the nine-day-old conflict that officials say has left at least 213 Palestinians and one Israeli dead.

THE ASSOCIATED PRESS

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Liknes family thanks Calgary for 'strength'

'Incredibly sad'

Douglas Garland, accused of triple murder, makes brief first court appearance



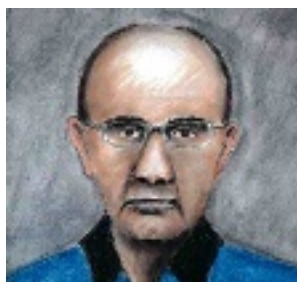
BRYAN WEISMILLER
Metro in Calgary

Allen Liknes thanked Calgarians Wednesday for their outpouring of support — as the man accused of three murders in the slaying of five-year-old Nathan O'Brien and his grandparents made his first court appearance.

Liknes, son of businessman Alvin Liknes, said the tributes and search efforts have helped his relatives get through what's been an "incredibly sad" affair.

"The family has taken a lot of strength from it," Liknes told a throng of media gathered outside the downtown courthouse.

Douglas Garland, 54, faces two first-degree murder charges and one second-degree charge in connection to the alleged abduction case that's gripped Calgarians since the disappearances were made public.



Sketch of Douglas Garland.
JANICE FLETCHER/THE CANADIAN PRESS

The case was adjourned until mid-August, with the defence counsel asking for more time to get disclosure of the police investigation.

Garland's lawyer, Kim Ross, told reporters he'd wait to review those files thoroughly, before deciding "whether or not we'll seek any kind of release."

Lead Crown prosecutor Shane Parker said outside court he would be opposing bail for Garland as the case moves forward. Police have alleged a "violent crime" occurred inside the home and told reporters they found forensic evidence that suggests the three didn't leave on their own volition.

Garland was arrested near his parents' acreage in Airdrie

Presumed dead

Alvin Liknes, wife Kathryn and grandson Nathan were last seen at the couple's Parkhill-area home on June 29.

- The court proceedings come the day after Calgarians released green balloons as a symbol of hope, and others have formed search parties to continue looking for the trio.

earlier this week, which has been the ongoing site of a massive search.

The bodies of the Liknes couple and Nathan have not been recovered, according to investigators, although the alert ended with Garland's arrest. While police have maintained they've garnered enough evidence to lay the charges, family have held out hope the youngster will come home.

Asked whether it would be challenging to get a conviction without the bodies, Parker noted there are precedents.

"We've done it before and we'll do it again," he said.



Typhoon kills at least seven in Philippines

A Filipino boy tries to sweep out floating debris from his flooded home on Wednesday, as Typhoon Rammasun battered suburban Quezon City, north of Manila, Philippines. Typhoon Rammasun knocked out power in many areas and left at least seven people dead, but it spared the Philippines' capital, Manila, and densely-populated northern provinces from devastation when its fierce wind shifted slightly away, officials said.

AARON FAVILA/THE ASSOCIATED PRESS

Tales of abuse

Hundreds freed in Mexican raid

Mexican prosecutors said Wednesday that victims told harrowing tales of sexual abuse, beatings, hunger and filth in a once well-regarded group home where authorities freed a total of 607 adults and children in a raid.

Some people were forced into sex by employees while

others told of being locked in a tiny punishment room without food or water. Ten of the victims were so malnourished police couldn't even determine their age.

In total, the police raid on Tuesday freed six babies, 154 girls, 278 boys, 50 women and 109 men from the filthy shelter, where Attorney General Jesús Murillo Karam said people lived among 20 tons of garbage.

THE ASSOCIATED PRESS

Sweden. Court upholds Assange detention order

A Swedish court on Wednesday upheld its detention order on Julian Assange, reaffirming the legal basis for an international warrant for the WikiLeaks founder which has kept him hiding in the Ecuadorean Embassy in London for two years.

One of Assange's defence lawyers, Per Samuelson, said

they would study the judge's decision in detail and then "write a juicy, toxic appeal" to a higher court.

"Our legal arguments are solid and powerful," Samuelson said. "That they didn't work could be because the judge didn't give herself enough time to think." THE ASSOCIATED PRESS

Moscow. Two detained after subway derailment

Investigators detained two Moscow subway workers Wednesday in the wake of a deadly rush-hour derailment that killed 22 people and injured 136 others.

More than 1,100 people were evacuated Tuesday after a train derailed between two stations in western Moscow.

Eight people remained in critical condition and 40 others have serious injuries, Moscow Mayor Sergei Sobyannin said in comments carried by Russian news agencies.

Russia's investigative agency said in it had detained a senior Moscow track foreman and his assistant. THE ASSOCIATED PRESS

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Actress gets 18 years in ricin case



Shannon Richardson is escorted to a sheriff's car in Texarkana, Texas, in this file photo. THE ASSOCIATED PRESS

A Texas actress who sent ricin-laced letters to U.S. President Barack Obama and the New York mayor and then tried to blame the crime on her soon-to-be-ex-husband was sentenced to 18 years in prison on Wednesday.

A federal judge gave Shannon Guess Richardson, 36, the maximum sentence under her plea deal on a federal charge of possessing and producing a biological toxin.

Richardson was also ordered to pay restitution. She had pleaded guilty to the charge in December.

"I never intended for anybody to be hurt," she told the court, adding later, "I'm not a bad person; I don't have it in me to hurt anyone."

Richardson, who had minor roles in the television series *The Walking Dead* and the movie *The Blind Side*, said she thought security

measures would prevent anyone from opening the letters addressed to Obama and the now-former New York mayor Michael Bloomberg.

Prosecutors say Richardson mailed three letters, then went to police and claimed that her estranged husband had done it. She was arrested last June after authorities said she tried to implicate her husband, who had filed for divorce. THE ASSOCIATED PRESS

Google exec's death

Prostitute pleads not guilty

A high-priced prostitute accused of abandoning a Google executive on his yacht after shooting him up with a fatal dose of heroin never meant for Forrest Hayes, 51, to die, said her attorney as Alix Tichelman, 26, pleaded not guilty to prostitution, drug use and manslaughter. THE ASSOCIATED PRESS



Alix Tichelman in court Wednesday. SANTA CRUZ SENTINEL-POOL/THE ASSOCIATED PRESS

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The casino boat Escapade, with 123 people aboard, lies grounded off the coast of Tybee Island, Ga., Wednesday. U.S. COAST GUARD/THE ASSOCIATED PRESS

Coast guard fails to free grounded casino boat

Stuck on sandbar, priceless. Florida-based firm invited passengers to board for free on maiden trip

A casino boat carrying about 100 passengers on its maiden trip ran aground on a sandbar overnight off Georgia's coast and remained stranded Wednesday, after tow lines broke in the U.S. Coast Guard's initial attempts to free it.

The Escapade was supposed to return about 12:30 a.m., and those aboard — wearing life vests — were growing

annoyed, though no injuries were reported, according to the Coast Guard and family members awaiting the passengers' return in Savannah.

Crews now plan to put the 96 passengers and 27 crew members onto Coast Guard boats that can hold about eight people, then transfer them to a larger vessel.

The 174-foot-long Escapade was off the north end of Tybee Island, a popular beach destination east of Savannah. A spokesperson for the Coast Guard said initial reports from Escape's crew was about a malfunction of the chart plotter, part of the navigation system. THE ASSOCIATED PRESS



A man says goodbye to his grandson departing for Russia, in the city of Donetsk, eastern Ukraine, on Wednesday. DMITRY LOVETSKY/THE ASSOCIATED PRESS

Ukrainian insurgents prepare for possible war

Relatives sent away. Ukrainian forces could be dragged into battle, despite efforts to keep country together

Insurgents bade tearful farewells Wednesday as they loaded their families onto Russia-bound buses and began hunkering down for what could be the next phase in Ukraine's conflict: bloody urban warfare.

While the pro-Russian rebels in the east have lost much ground in recent weeks and were driven from their stronghold of Sloviansk, many have regrouped in Donetsk, an industrial city that had a population of 1 million before tens of thousands of civilians started fleeing.

The rebels also hold the city of Luhansk, where they are said to be taking up positions in residential and industrial zones while lobbing artillery at government troops.

Despite the government's desire to minimize civilian casualties, Ukraine's forces could find themselves dragged into grueling warfare inside the cities in their battle to hold the country together.

"To respond to this phase ... we evidently must change tactics," said Valeriy Chaly, deputy head of the presidential admin-

Sanctions

The U.S. and the European Union announced tougher new sanctions against Russia, which is accused of fomenting the unrest by supplying the separatists with fighters and heavy weapons — an allegation Moscow denies.

- The U.S. slapped restrictions on Russian weapons manufacturers, energy companies and banks, while the EU moved to stop European financing agreements with Moscow.

istration. He refrained from specifying how.

Insurgents in Donetsk appeared to be bracing for a bitter fight as they shipped their relatives out of the city.

One fighter, who declined to give his name, said that not having his wife and young daughter with him would free him to concentrate on the battles ahead.

"It is easier for us this way. It is easier to fight. Your soul is not ripped into two, because when they're here, you think about war and about your family — if they are OK or not," he said. "When you know that they are safe, it is easier to go to fight." **THE ASSOCIATED PRESS**

Hague tells Netherlands to compensate over 300 families of Srebrenica victims

A court on Wednesday ordered the Netherlands to compensate the families of more than 300 Bosnian Muslims who were killed when Dutch troops handed them over to Bosnian Serb forces in 1995, in a ruling that could make countries more leery to contribute troops to peacekeeping missions.

The civil court in The Hague cleared the Netherlands of liability in the massacre of nearly 8,000 others, saying that although those people sought protection in the UN safe haven of Srebrenica they were never directly in the custody of Dutch troops.

The ruling could be appealed, however. The court

ruled that the Dutch peacekeeping troops could have protected the 300-plus men and boys who were among thousands of Muslims — mainly women, children and elderly people — taking shelter in a Dutch compound inside the UN-declared safe haven of Srebrenica.

The troops — part of a

Dutch UN battalion known as Dutchbat — handed over those in the compound two days after the town fell. The Bosnian Serb troops then killed the Muslim men and boys, who "would have survived if Dutchbat had acted properly," said Presiding Judge Larissa Alwin.

THE ASSOCIATED PRESS

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'Beginning of the end of the AIDS epidemic': UN agency

UNAIDS. Group also sets targets to reduce AIDS-related deaths and new cases by 90 per cent by 2030

The number of people living with HIV worldwide has remained virtually unchanged in the past two years and AIDS-related deaths are at their lowest since peaking almost a decade ago, according to a report from the United Nations AIDS agency released Wednesday.

Officials declared that ending the AIDS epidemic is possible even though they acknowledged the number of new infections — more than 2 million last year — was still very high. UNAIDS estimated there were about 35 million people living with HIV last year and in 2012.



A newly-diagnosed HIV-positive woman, who arrived at the hospital with symptoms of tuberculosis, receives treatment at the Mildmay Uganda clinic in Kampala, Uganda. REBECCA VASSIE/THE ASSOCIATED PRESS

The agency also set targets to reduce deaths and new cases by 90 per cent by 2030. It previously unveiled a strategy to get

to "zero AIDS-related deaths," which included ensuring all people who need treatment are on it by 2015.

Last year, there were about 12.9 million people receiving life-saving drugs and 22 million people still waiting. Some 1.5

million people died from AIDS-related causes.

Other health experts questioned whether setting more ambitious targets is wise.

"This idea of ending AIDS isn't realistic," said Sophie Harman, a senior lecturer in public health at Queen Mary University of London, who was not part of the report. She said it would be more helpful to think about managing the epidemic.

"Everyone can get behind ending AIDS, but this report doesn't really tell us how to do that."

Still, UNAIDS insisted in its report that we are at the "beginning of the end of the AIDS epidemic" and said the global outbreak can be stopped by 2030.

But with no vaccine and millions of people carrying the virus or becoming newly infected, some scientists said ending HIV may be idealistic rather than practical.

THE ASSOCIATED PRESS

Packing heat

Man tries to board plane with loaded gun in carry-on

The U.S. Transportation Security Administration says it stopped a man who had a loaded .38-calibre handgun in his carry-on luggage at Detroit Metropolitan Airport.

The agency says it's the 14th firearm found so far this year at the airport in the Detroit suburb of Romulus.

THE ASSOCIATED PRESS

Death penalty

Punishment ruled unconstitutional

A federal judge in Los Angeles has ruled California's death penalty unconstitutional.

The ruling Wednesday by U.S. District Court Judge Cormac J. Carney follows a similar ruling in Northern California that has kept the death penalty on hold in the state for years.

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Get a warrant. Pair of telecoms no longer giving info to police without one

Two major telecommunications firms — Rogers and Telus — say they will no longer routinely give basic customer information to police and security agencies without first seeing a warrant.

In the case of Rogers Communications Inc., concerns voiced by subscribers also played a role in tightening the disclosure policy, the company said Wednesday.

In June, the Supreme Court ruled police need judicial authorization to get personal information about customers from Internet providers.

By the numbers

- **175,000.** The number of requests for customer info Rogers received from government and police agencies last year
- **87,856.** The number of times Rogers shared names and addresses

Police would not need a warrant to get basic subscriber information in life-threatening emergencies. **THE CANADIAN PRESS**

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What happens to your online life after you die?



This Feb. 16, 2013 photo shows a printout of the Facebook page for Loren Williams, who died at the age of 22. LAUREN GAMBINO/THE ASSOCIATED PRESS FILE

Digital afterlife.

Advocates fight to give next-of-kin access to digital accounts of deceased

When you die, should your loved ones have access to your Facebook, Yahoo and other online accounts?

A group of influential lawyers says yes, unless you specify otherwise in a will. The Uniform Law Commission was expected to endorse a plan Wednesday to automatically

Online legacy

"This is something most people don't think of until they are faced with it."

Karen Williams of Beaverton, Ore., who sued Facebook for access to her son Loren's account after he died

give loved ones access to — but not control of — all digital accounts, unless otherwise specified.

To become law in a state, the legislation would have to be adopted by the state's legislature. But if it does, designating such access could become an important tool in estate planning, allowing people to decide which accounts should die when they do.

"Our email accounts are our filing cabinets these days," said Suzanne Brown Walsh, a Cummings & Lockwood attorney who chaired the drafting committee on the bill. But "if you need access to an email account, in most states you wouldn't get it."

Ginger McCall, associate director of the Electronic Privacy Information Center in Washington, said a judge's approval should be needed to protect the privacy of both the owners of accounts and the people who communicate with them. **THE ASSOCIATED PRESS**

Many Canadian Netflix users watching U.S.-only content

In the U.S., you can log into Netflix to catch the controversial final season of Dexter, binge on all seven seasons of 30 Rock, watch the first eight seasons of the cult TV comedy It's Always Sunny in Philadelphia or catch the first three seasons of the break-out hit Louie.

In Canada, none of those are available.

But a new report suggests one in three anglophone Canadian Netflix users are access-

ing movies and TV shows that are supposed to be available only south of the border.

The Media Technology Monitor commissioned a telephone poll of 2,002 anglophone Canadians this spring to ask respondents about their tech habits and routines.

About 32 per cent said they were Netflix subscribers.

But according to the survey, a significant number of Canadian Netflix users — 35

per cent — have stumbled upon a trick to access content available in other countries.

There are free and subscription-based online services that mask a user's Internet address to make it appear that they actually reside elsewhere.

One of the most popular reasons for signing up for those services is the ability to access different catalogues of content through Netflix.

THE CANADIAN PRESS

Public broadcasting

Former CBC execs oppose CBC cuts

Nine former members of the CBC board of directors have written to the public broadcaster's current chairman to express alarm at recent cuts to the corporation.

The CBC is trying to absorb a \$130-million budget shortfall and announced last month it is slashing some 20 per cent of its workforce over the next five years.

THE CANADIAN PRESS

BlackBerry bruised

Shares drop amid news of Apple/IBM partnership

BlackBerry shares dropped Wednesday after details emerged of a partnership between Apple and IBM aimed at business customers.

The partnership comes as BlackBerry is trying to re-affirm its position catering to businesses and government agencies that require secure mobile communications. **THE ASSOCIATED PRESS**

Economic forecast

Minimum wage ratio on rise

The average minimum wage has remained unchanged in real terms for almost four decades, but economists say more recent increases are likely to continue in the coming years.

As a share of average wages the minimum wage has been climbing fairly steadily since the low was reached back in the mid-80s, said Doug Porter, chief economist with the Bank of Montreal. **THE CANADIAN PRESS**

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WOMEN SURE ARE ORGANIZED, AMIRITE?

This week I'm on vacation in New Brunswick (motto: "Ride the downward spiral!"), so I'm mailing it in, literally and figuratively.

What quick-and-easy topic should I touch on? Today's music is the worst? Cat people versus dog people? The federal government sucks (amirite)?

Oh wait, I've got it: women and men are different! I've noticed this a lot recently because I'm dating, and my girlfriend is indeed different than I am. I know criticizing a woman runs the risk of perpetual online hatred until Twitter becomes obsolete, but I can only say what I see: she's just weird, what with her "planning" and "foresight," never mind her "top sheet" and "air fresher."

And as we prepared for our trip to N.B., she sometimes packed in ways so foreign to me I felt I was dealing with a different species. This is not the typical stereotype of a woman who over-packs because she hopes a provincial park with a name like Moose Mill might have call for high heels. No,



HE SAYS

John Mazerolle

metronews.ca

this is a woman who packs a week in advance to give her the chance to rethink and adjust the placement of items as the departure date nears.

Yes, her packing has a first freaking draft. "Devon" (she doesn't want her real name used, so let's keep this between us) packs small. She has one carry-on bag for two weeks of travel. It's not that she's a light packer — when she rattled off all the clothing, toiletries and other bric-a-brac in her bag it reminded me of those old McDonald's ads in which a customer orders the entire menu in 30 seconds.

It's like her bag is a TARDIS, bigger on the inside than is physically possible judging by the outside. She packs so densely that other items in the room are drawn in by the bag's gravitational pull. Meanwhile, I put three days of clothes and a stick of deodorant in my backpack and it looks like I've stuffed in several dozen bricks and a dead informant.

Devon says my packing technique is like a smash-and-grab at

a jewellery store. "It's basically turning over a drawer into a garbage bag," she says. I don't think that's entirely fair. For instance, I ask myself important questions like, "I wonder what I forgot this time?" (Answer on this trip: a coat.)

Sure, you could spend literally an hour or more planning like my girlfriend, or you could embrace unpredictably and do it my way:

- 1) Sweep all the items in your medicine cabinet into your backpack.
- 2) Stuff in a layer of clothes.
- 3) Add books, laptops, PlayStations and anything else you need to help you get away from it all.
- 4) Add another layer of clothes. It's like a packing parfait.
- 5) Compress.
- 6) Place a framed photo of your family on top.

NOTE: one cat per bag.

And voila. Packing my faster, simpler way will free up more time for you to think about the differences between men and women. Or about that terrible federal government. They suck, amirite?

HEAVY STUFF



Basque stone lifter Ignacio Perurena holds on to a 250-kg stone during an exhibition in Cambo les Bains, southwestern France, on Tuesday. The Basque rural sports trials have their origins in routine rural tasks.

BOB EDMIE/THE ASSOCIATED PRESS

No stone left unlifted for Basque strongmen

The Basque people are known for their competitive nature.

Their well-attended rural sports competitions have a variety of games that require an amazing amount of strength and plenty of testosterone.

Wood chopping, lifting hay bales, handling oxen, participating in insane tug-of-wars, running races with 200-pound bags of corn on

their backs and more are all part of the Basque rural sports tradition.

However, the best known outside of the region is harrijasotze, or stone lifting. This is a true mighty-man's sport, and only the strongest in the region participate. Competition is fierce, and the best-known champions are looked upon by the locals as heroes, much like popular sporting figures.

The stones used in the lifting competitions are made of granite and usually weigh between 100 and 212 kg, though heavier stones may be used if the lifter wants them

Bad to the bone

Stone lifting takes its toll on the body. Many professional stone lifters have osteoarthritis by the time they're in their 20s or 30s. Most have retired to become trainers for the next generation by their 40s or 50s.

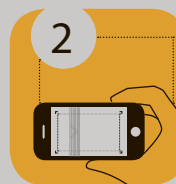
and has a proven ability to lift them. Competition stones are cut into squares, spheres, cylinders and rectangles to provide a variety of lifting challenges. CITIESJOURNAL.COM

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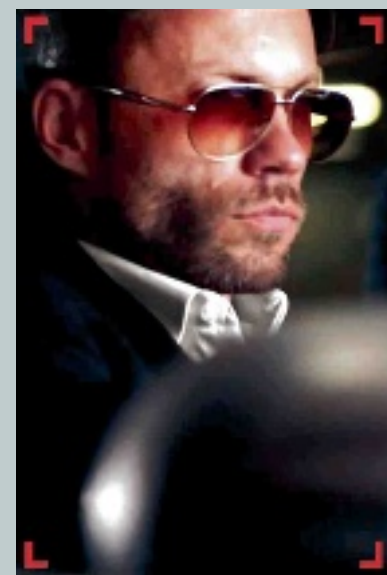
Pimp my used-car ad



ANDREW FIFIELD
andrew.fifield@metronews.ca

Craigslist is great. Plenty of no-frills free listings to peruse, excellent deals and amusing Missed Connections. Craigslist is terrible. Ugly, crowded and populated by shady deals and dubious characters.

It's fair to say the seller of this unremarkable hatchback weighed the pros and cons before settling on where to advertise. It's fairer to say his decision was more influenced by his connection to Australian ad agency Chimney Group, which created the slickest campaign for an everyday used car you'll ever see. Dubstep? Check. Smash cuts? Many. Buzzwords? Only the most disruptive. (buymybarina.com/YouTube)



SCREENGRAB

It's never too late to greet a brand new labour of love

From past to paper.

Ottawa artist combines vintage imagery and special sayings to help people send well wishes



BACKSTAGE PASS

Jen Traplin
ottawa@metronews.ca

While most of her peers are starting to consider retirement, Westboro-based artist Alice Hinther's new career is just starting to take off.

Hinther designs vintage-inspired greeting cards featuring cheeky and inspirational quotes using old magazine photos from the '40s and '50s.

"I never set out to be a greeting-card designer," Hinther says, laughing.

"If you had told me five



Alice Hinther has created her own thriving greeting card business. COURTESY OF PINE RIDGE ART

years ago that I'd be doing this, I would have never, ever believed you. Most of my friends are retiring — I'm 62 and I'm just getting started. It's really quite unbelievable."

Hinther created her first greeting cards four years ago to sell at a fundraising event for the Hospice at May Court.

"I made about 200 of them and I pretty much sold out. There was just a really great response to them," she says.

After that, she started shopping the cards around

Give it your business best

"I'm 62 and I'm just getting started. It's really quite unbelievable."

Alice Hinther
Greeting card designer

to stores in the Ottawa area and was soon introduced to a representative from a Markham, Ontario-based calendar and stationery company. She now manufactures and sells her cards all over Canada.

Though her career as a

greeting card designer is relatively new, in a way, Hinther has been preparing for this for nearly her whole life.

"I've always loved vintage anything, especially magazines — I've collected them for over 40 years, just kind of stockpiling them, never knowing that I would actually have a use for them. These magazines are 50 or 60 years old. One of them I found in an abandoned mine up in Yellowknife," she says.

Not all of her images

Where can I find one?

Alice Hinther's cards are available at the following Ottawa locations

- Just Curious (457 Hazeldean Rd.)
- The Village Quire (312 Richmond Rd.)
- The Papery (850 Bank St.)
- Paper Papier (18 Clarence St.)
- Mags and Fags (254 Elgin St.)
- The Fresh Flower Company (150 Albert St.)

Visit ahinther.webs.com for more info

come from magazines — some of them are old photos of her own family. But it's not just images she has been accumulating, Hinther has also always been a collector of words.

"It's funny how it's all come together but I've always collected quotes. I don't know why, I've just always had this thing with collecting sayings," she says.

"They're not all inspirational. Some of them are quite downright rude and funny. Some of them I've written but most of them are just quotes that I've heard or read before. Sometimes they just come from a conversation with a friend."



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Taylor Swift. ALL PHOTOS GETTY IMAGES

Taylor Swift suffers revenge of the nerds

Thanks to court documents, we can finally put some names and faces to the three Connecticut residents charged with vandalizing Taylor Swift's Rhode Island vacation home, and the results are ... kind of brainy.

Michael Horrigan, 29, Tristan Kading, 28, and Emily Kading, 26, pleaded not guilty to charges they hurled beer bottles and shouted expletives at security guards monitoring Swift's property last month, according to TMZ. So what do they do when they're not drunkenly defacing property?

Tristan Kading, for one,

studied chemical oceanography at MIT and received the Richard Montgomery Award for Achievement in Mathematics. Younger sister Emily is studying to be a nuclear physicist, and both Kading and Horrigan were given citations for heroism last year after rescuing a 12-year-old girl from a cap-sized canoe.

Leave it to Swift to attract the nicest, smartest delinquents you could hope for. The defendants, by the way, say they "harboured no ill will toward Swift," who wasn't home at the time.

Jeff Goldblum makes girlfriend cry ...tears of joy

Jeff Goldblum is looking to settle down, having popped the question to his girlfriend of two years, 31-year-old gymnast Emilie Livingston, while on vacation in Hawaii.

Livingston took to her Twitter account to gush about making it official with the 61-year-old Jurassic Park star. "I was taken over by tears of joy n ecstasy! We picked the ring 2gether #inlove," she wrote. She later posted a photo of the ring itself.



Jeff Goldblum

Goldblum was previously married to Patricia Gaul from 1980 to 1986 and Geena Davis from 1987 to 1990.

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OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Even on vacation, SJP and Matthew Broderick find trouble in paradise

NED EHRBAR
Metro in Hollywood

You know what everyone loves on a vacation? "Intense discussions." They're the best! And apparently that's what Matthew Broderick and Sarah Jessica Parker have been having while visiting

Ireland.

According to the National Enquirer, Broderick and Parker headed to their usual holiday spot on the Emerald Isle specifically to address their marriage woes and his wandering eye. "They normally venture all around Donegal, but this time they spent the majority of their time locked away in their remote home out in the countryside," a source says. "One evening they went into Nancy's, a seafood restaurant, and hardly said a word to each other."

That sounds so much like the opposite of fun. But hey, at least they're not stewing silently over dinner at home!



Britney Spears

Britney and boyfriend want a family of their own

Those Britney Spears break-up rumours were apparently premature, as the singer and boyfriend David Lucado are reportedly already thinking about expanding her family once she's done with her current Las Vegas residency, according to Radar Online.

"Britney cannot wait until the Vegas show is done

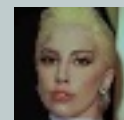
because she wants to start a family with David. She says she will get pregnant as soon as the show is finished," a source says. "David is always with her in Vegas and they act like an old married couple together. He is really good with her kids and has taken to the father role pretty easily."

Twitter



@SethMacFarlane

Sorry I haven't tweeted in awhile-- Been immersed in pre-production for Ted 2! I think you're gonna like it.



@ladygaga

I resent that I have to be getting married to wear Bridal, I mean what if I just love wearing white lace and pearls without it being creepy.



@MarkDuplass

Honk if you're feeling slightly overwhelmed about how often you've been feeling slightly overwhelmed these days.

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What tricks have you got up that sleeveless summer shirt?

Secrets in the sun.

Testy temps no longer have to wreak havoc on your beauty regime with these pointers

RACHEL VIGODA
Metro World News

We spoke with makeup artist B Wilson of Just B Beautiful for insider tips on how to stay looking bright and fresh despite the heat. Wilson and her "glam squad" offer on-location hair and makeup services in New York, New Jersey and Philadelphia.

Here are the tricks — and the products — she swears by.

Don't cake it on

"Leave that damn highlighter alone!" Wilson says. "When you sweat, your pores are open, so if you have makeup on your skin the makeup is going right into your pores and clogging them up. Wear the least amount of makeup possible and focus on your natural glow." If you're not



Light and bright

"Leave that damn highlighter alone! Wear the least amount of makeup possible and focus on your natural glow."

B Wilson
Makeup artist

brave enough to go totally bare, try a dab of tinted moisturizer and then contour with a light bronzer like Soleil Tan de Chanel. Absolutely refuse to give up foundation? Wilson recommends Urban Decay's Naked Skin, which is "super light, but gives surprisingly full coverage."

Get a (sunless) tan — no matter what your skin colour is

Use a sunless tanner on your legs, whether you're "the palest of pale to the darkest of dark," says Wilson: "I'm African American, and I still get a spray tan on my legs." The trick is a very light touch; you're going for a subtle glow just a shade or two darker than your natural color to create a smooth, even, firm look. Wilson goes to



Wouldn't it be nice to let the natural you out into the world? iStock

The Bronzed Bee in Philadelphia for a customized airbrush spray tan. For a cheaper DIY option, she likes Airbrush Legs by Sally Hansen or Jergens Natural Glow.

Make an easy at-home

cellulite eraser

Mask cellulite with this simple recipe:

- Instant coffee (caffeinated)
- Almond oil or vitamin E oil
- Brown sugar

B's bonus tip

Banish excess shine

- This isn't for everyday, but if you're prepping for a special occasion, "wash, moisturize — and then prime with Milk of Magnesia," Wilson says. "It acts as a barrier for the excessive sebum that builds up, and keeps your face smooth and matte the entire day." Just dab it on with a cotton ball and then cover the chalkiness with a light tinted moisturizer or powder.



Combine the ingredients, gently scrub in the shower, rinse off, and then admire your firm-looking thighs and butt. The smoothing effects will last for hours, Wilson says. Store any extra mixture in a mason jar for up to five days.

Expert tip: Do not use regular ground (not-instant) coffee, unless there's a sexy plumber you want to invite over — it will clog the drain.

PLUS
HOMES

metro

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There are three levels of trends in home decor: Seasonal trends (like nautical summer decor) that last just months; three-year trends (like brushed nickel plated metal accessories); and 15-year trends such as wood floors or kitchen cabinet finishes.

I am happy to announce the next big 15-year trend, but I'm not sure you're going to like it. If you want to invest in your home's decor, simply look back 30 years for the next big thing. Yes, elements of the 1980s are creeping back into our lives.

Here's a quick compilation of coming decor trends



DESIGN CENTRE
Karl Lohnes
home@metronews.ca

Turn back time for decor trends in your future

Piping dreams

Look for less nail-head trims, button tufting and exposed furniture legs. The upcoming trends include skirted sofas, very low profile legs, piping trims and leather details. Contrast piping shows off shapely lines. Groove Chair Custom, \$1,300, urbanbarn.com



Hand-forged metallics

Goodbye nickel and brass. Hello hand-forged steel, raw bronze and hammered zinc for a handmade look in home accessories. Hess Side Chair, \$229, crate-andbarrel.com



Concrete ideas

Travertine stone from the 1980s is gone, but modern interiors will have concrete finishes and stone looks for a touch of nature inside the home. Malay Cast Concrete Coffee Table, \$800, restorationhardware.com



Sofas go deep

Be gone, you skinny-armed sofa. Wide, square arms, deep seating and slipcovers make their return. McGill deep-seat sofa, \$4,200, montauksofa.com



Tone-on-tone carpets

Lately, rugs have been treated as art for the floors, with bright colours and shocking patterns. Look for tone-on-tone carpets made with luxurious materials like virgin wool, silk and mohair. Vintage Grey VCO9, \$13,500, elte.com



Symmetry meets its match

People have been trying for years to conquer the eclectic look with end tables and small furnishings. The next wave of decorators will keep it simple and create symmetry. Dark Zinc Open Nightstand, \$555, restorationhardware.com



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"Our roof earns us \$4,800 each year! That's a great investment, and good for the environment too!"

A chip off the Lego block. Builder-size version of toy brick under construction

Lego bricks are great for building toy houses, but one company has taken things a step further by modelling a new "smart brick" on the toy.

The brainchild of Kite Bricks, Smart Bricks look almost exactly like large-scale Lego bricks, with raised knobs along the top that slot into grooves in the bottom of other bricks which allow them to snap together.

Currently in the prototype phase, Kite Bricks is working on launching the product officially, but the group has ambitious plans for the concept.

"While we anticipate choosing certain markets for initial block penetration, we do believe that the

Oh, snap

The bricks are made from high-strength concrete, held in place by adhesive rather than mortar, and reinforced by steel bars if necessary.



A screenshot from Smart Bricks video. YOUTUBE

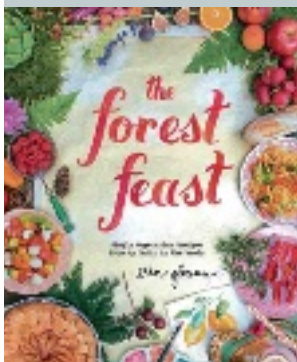
- They feature unique thermal properties which the company claims could make them more energy efficient.
- In addition, the bricks could create opportunities for faster and cheaper construction, shaving up to 50 percent of building costs, the company says.

block will find acceptance throughout the world," the group explains on its website. **AFP**

A bit of chew, some crunch and a lot of yum

Cookbook of the Week

Forage in the forest
for earthy goodness



The inspiration behind *The Forest Feast* is authenticity at its best. Author Erin Gleeson moved to a tiny cabin in a California forest and learned to rely on nature.

It's no wonder then most of the book's 100 wholly vegetarian recipes call only for three or four ingredients and require very few steps.

Vibrant photos accompany Erin's own watercolour illustrations and recipes that include Asparagus Tart, Carrot and Zucchini Ribbon Pasta, Fried Banana Split and more. **METRO**

Salad Spotlight.

While Metro's week of lightening your plate ends tomorrow, today enjoy this lentil salad that requires no effort

"I like my salads to be more filling and 'meaty', so I use more chopped vegetables and sometimes even cooked ingredients as well," writes Erin Gleeson in her book *The Forest Feast*.

"All of (my salads) can be served at room temperature, which means that they are easy to make ahead and keep in the fridge for a weeknight dinner, or when getting ready for a party.

"When making salads ahead, I recommend dressing them at the last minute. When serving family style, I let each person dress their own so leftovers will stay crisp."

Gleeson also notes, "Canned lentils work great (for this salad), but if you make your own, boil them like pasta on low to avoid them turning to mush. This filling salad is tossed with sun-dried tomatoes, purple cabbage, cherry tomatoes and dried cranberries."

The dressing keeps in the fridge for at least one week. Before using it, bring it to room temperature.

1. To be quick, use canned (lentils). If from scratch, follow package instructions.

2. If using dry red lentils, they can get mushy easily, so I cook them on medium-low for 15-20 min. until al dente, then strain like pasta and cool

3. Mix lentils with sun-dried tomatoes, cranberries and halved cherry tomatoes. Spread over shredded cabbage and dress with Lemon-Mustard Vinaigrette.

Lemon-Mustard Vinaigrette

1. (Combine all ingredients and) shake it, baby!

RECIPES ADAPTED FROM *THE FOREST FEAST* BY ERIN GLEESON (STEWART, TABORI & CHANG, 2014)

Ingredients

Salad

- 2 cup (400 g) cooked lentils
- 1/2 cup (30 g) sun-dried tomatoes
- 1/2 cup (64 g) dried cranberries
- 1 cup (150 g) halved cherry tomatoes
- 2 cup (140 g) shredded purple cabbage

Lemon-Mustard Vinaigrette

- 3/4 cup (180 ml) olive oil
- 1/4 cup (60 ml) lemon juice
- 2 tbsp Dijon mustard
- 2 tsp maple syrup



**TOTAL
TIME**
ABOUT 30
MINUTES

This recipe serves four to six. ERIN GLEESON

Lunch. Corn and Cauliflower Tacos

Top these Corn and Cauliflower Tacos with hot sauce and Greek yogurt to balance the flavours. Serve them in small corn tortillas.

1. Chop cauliflower, combine in bowl with corn kernels, red pepper flakes, chili powder, garlic powder, olive oil, salt, and pepper. Transfer to baking sheet, bake at 450 F for 15-20 mins until golden.

2. Spoon into warm tortillas.

3. Top each taco with Greek yogurt, feta and hot sauce.

Ingredients

- 1 small head of cauliflower
- 2 ears of corn kernels
- 1/2 tsp red pepper flakes
- 1/2 tsp chili powder
- 1/2 tsp garlic powder
- Olive oil, salt and pepper
- 4 or 5 warm tortillas
- 1 tbsp Greek yogurt
- 1 tbsp feta
- Hot sauce



This recipe makes enough filling for four or five tacos. ERIN GLEESON

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Redblacks' home debut drives frenzy

CFL. Return of pro football to Ottawa sells out TD Place at Lansdowne with many on outside looking in

Jeff Hunt feels like a nervous parent getting ready to host a wedding.

The man in charge of the expansion Ottawa Redblacks is anxiously awaiting the team's home opener Friday at the refurbished Lansdowne Park.

"Friday is going to be pretty special," said Hunt, the president of the Ottawa Sports and Entertainment Group.

The game is sold out, yet ticket requests keep coming in as fans want to celebrate the league's return to Ottawa after a nine-year absence.

"I had a buddy ask me if I could get him six tickets," said linebacker Jason Pottinger. "I was like 'Are you crazy?'"

Hunt has had hundreds of requests this week alone and hates to say no, but at the same time, he feels pretty good knowing Friday's game is such a hot ticket.

Even Mayor Jim Watson is getting hit up for tickets.

"I have a lot of new friends these days," said Watson. "Unfortunately I have to be the bearer of bad news, but I will be there with my niece."

For local players Justin Phillips and Kevin Scott, Friday's game holds a bit more significance.

Scott says he has wonder-



Quarterback Henry Burris will lead the Redblacks into their home opener before a sold-out crowd on Friday against the Argos. **MARIANNE HELM/GETTY IMAGES**

ful memories of watching football at Lansdowne Park with his parents and expects to be a little emotional on Friday.

"I'll probably get here early and sit in the north side stands before anyone else and just enjoy the moment," said Scott, a long snapper. "It's been great to see everyone so excited about not only this game, but football being back."

"You can definitely feel the buzz around town. It's a great atmosphere."

Watson will be starting the party early with a city-sponsored pep rally at city hall Thursday. **THE CANADIAN PRESS**

Week 4 pick



Argonauts at Redblacks, Friday, 7 p.m., TSN

It's expected to be a wild night in the Canadian capital as the Redblacks (0-2) play their much-anticipated home opener at TD Place. Ottawa has been competitive in its opening two

games and will definitely have home-field advantage with a sellout crowd behind it but has scored just 39 points, second-last in the CFL.

Offensively, Toronto (1-2) has scored 89 points, second only to Winnipeg, but was forced to settle for five field goals in last weekend's 34-15 home loss to Calgary. And with Chad Owens (foot) sidelined at least three weeks, the Argos not only lose the league's top receiver but also its leading punt returner.

Pick: Toronto

Most valuable franchises

Leafs the only NHL club to crack Forbes' top 50

The Maple Leafs are the only NHL team on Forbes' list of the 50 most valuable franchises in sports, checking in at No. 26.

According to Forbes, the Leafs are worth \$1.15 billion US and have been the most valuable NHL team since 2005.

Spanish-based soccer club Real Madrid is No. 1 at \$3.44 billion. Major League Baseball's New York Yankees are the top North American team on the list, fourth at \$2.5 billion.

THE CANADIAN PRESS

British Open

Singleton living rags-to-riches tale

There's no more improbable player at Royal Liverpool than John Singleton, a 30-year-old factory worker, who lives 10 minutes down the road and qualified for the British Open on his very first try. He is the epitome of why this tournament is called the "Open" — a guy with no resumé to speak of playing his way into golf's oldest championship.

THE ASSOCIATED PRESS



A spectator takes a selfie with golfer John Singleton in Hoylake, England, Wednesday. Scan the image with your Metro News app for more notes from the British Open.

THE ASSOCIATED PRESS

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→ See the full instructions on Metro's Voices page.

Horoscopes by Sally Brompton

♈ Aries

March 21 - April 20

You may be tempted to be nice for what you can get out of someone but do you have to be so mercenary? Put others first and be genuinely interested in what they're doing.

♉ Taurus

April 21 - May 21

You are entitled to enjoy yourself and there is no reason why you should feel guilty just because some people have not been as lucky as you.

♊ Gemini

May 22 - June 21

You will get the chance to do things for loved ones today but make sure they don't take advantage of you. Also, being of service does not mean you can't have fun as well.

♋ Cancer

June 22 - July 23

You know you can get what you want but that does not give you the right to take as you please. If you go to extremes now, you will have to pay for it later.

♌ Leo

July 24 - Aug. 23

Someone has been taking liberties and you need to confront them about it. If you leave it longer they may get the impression that they can take from you as and when they please.

♍ Virgo

Aug. 24 - Sept. 23

You may have strong opinions but remember that not everyone sees things the same way. Make an effort to find out what other people think.

♎ Libra

Sept. 24 - Oct. 23

Treat what happens over the next few days as an opportunity for advancement. And treat people you meet as potential friends and allies.

♏ Scorpio

Oct. 24 - Nov. 22

This is the ideal time to let your mind wander because it will lead you in new directions. For inspiration, connect with those who make you feel good.

♐ Sagittarius

Nov. 23 - Dec. 21

The next few days will bring surprises. It's not often you are this lucky so make the most of it and don't think there is some kind of catch. There isn't.

♑ Capricorn

Dec. 22 - Jan. 20

The only way you are going to get what you desire is to communicate with those who can help. Co-operate with them fully and make sure their and your needs are catered to.

♒ Aquarius

Jan. 21 - Feb. 19

If you're motivated by greed, you are unlikely to get what you desire. If, however, you are driven by a genuine desire to help others you will succeed beyond your wildest dreams.

♓ Pisces

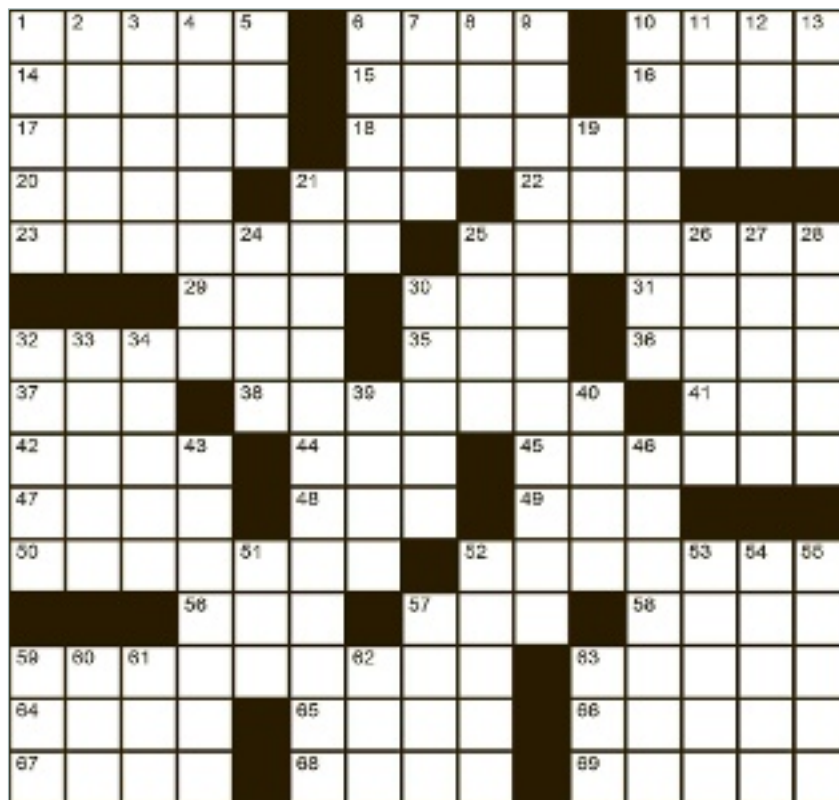
Feb. 20 - March 20

The cosmic omens are so good that you no doubt think you can do as you please. To a certain extent that is true but you should do things for other people as well.

Crossword: Canada Across and Down by Kelly Ann Buchanan

Across

1. Parks Canada mascot
6. Egg: French
10. Guzzle
14. Do well on the test: 2 wds.
15. ___ (Play's opening)
16. English river
17. Canadian series, "Due ___"
18. Home reno show's ending: 2 wds.
20. Yes x 2: Spanish
21. My own: Latin
22. Hydrocarbon suffix
23. 'Them', to Us
25. Name and ___
29. Botanist Mr. Gray
30. Uncooked
31. Dud
32. Tom Cruise vampire
35. Abu Dhabi is its cap.
36. Lucy Lawless role
37. Wrath
38. Northeast Saskatchewan town; or, actress Ashley
41. Ford fabrication
42. Alice's portrayer on "The Brady Bunch", ___ Davis (b.1926 - d.2014)
44. Stitch
45. Brilliancy
47. After-Q queue
48. TV's "Mad ___"
49. 'E' in BCE
50. Entrepreneur's new venture



52. Banned basement businesses, briefly
56. Long-snouted fish
57. Moscow's locale, briefly
58. Retro toy, ___ Bat
59. Cereal brand
63. Bill __, "Saturday Night Live" alum
64. Klutz's shout!

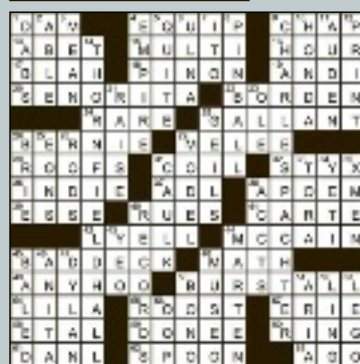
65. Louisiana, par exemple
 66. Plaudit
 67. Nice names?
 68. Count on
 69. Slangly-spelled agendas
- Down**
1. Out, in fashion
 2. Flip ___

3. Reduce. ___. Recycle.
4. British Columbia port city, 'A Marvel of Nature and Industry'
5. Football player, e.g.
6. Hall & ___
7. Canyon feedback
8. Sport-__ (All-purpose vehicle)
9. The __-__ (1969

- novel by Canadian author Margaret Laurence)
10. Canadian makeup company, ___
11. Shade
12. Can. neighbour
13. Collective Soul song
19. Finish

21. Song by British band The Smiths that goes: "And the flesh you so fancifully fry / Is not succulent, tasty or kind...": 3 wds.
24. Time ___ a premium
25. Stuck keyboard letter
26. Put into office
27. Navigational aid-at-sea
28. Fifth wheel
30. Uniquely-spelled song by California band LIFE
32. "Pretty Little ___"
33. Surrealist artist Max
34. Austrian actress Ms. Berger
39. Percolate
40. Continental currency
43. Michael ___ (Regina-born actor/tenor)
46. Canadian Rockies range, ___ Range
51. Smidgen
52. Like the wind sometimes
53. George Gershwin co-composed tune: "Tee-___-Un-Bum-Bo"
54. Really request
55. Classifies
57. Authentic
59. Michael, to Kirk
60. Boo-___ (Sniff!)
61. Circling stat.
62. 'Favour' suffix
63. She's-not

Yesterday's Crossword



Online

See today's answers at metronews.ca/answers



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku

4	2	8	5	6	8	3	7	1
5	8	7	3	9	1	4	2	6
1	3	8	7	2	4	8	9	5
3	6	1	8	7	5	9	4	2
7	4	2	8	3	9	1	5	6
9	5	8	4	1	2	7	6	3
6	9	3	2	8	7	5	1	4
8	1	4	9	5	6	2	3	7
2	7	5	1	4	3	6	8	9

		6		8			2	
	2	3		4				
8		4			7			
	4	9						5
	3		5		1		4	
7						8	3	
			4			9		7
				9		3	6	
1				5		2		



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